

# SENIORTILBUD PERIODER

2024-25 og 2025-26

**B**  **C**  **D**  **E**  **F**

2024												2025											
MARTS	APRIL		MAJ		JUNI		JULI		AUGUST		SEPTEMBER		OKTOBER		NOVEMBER		DECEMBER		JANUAR		FEBRUAR		MARTS
	M 1	14	O 1	L 1	M 1	27	T 1	S 1	T 1	F 1	S 1	O 1	F 1	S 1	O 1	T 1	S 1	O 1	L 1	L 1	L 1	10	
	T 2		T 2	S 2	T 2		F 2	M 2	O 2	L 2	M 2	36	T 2	L 2	M 2	49	T 2	M 2	T 2	S 2	S 2		
	O 3		F 3	M 3	O 3	23	T 3	L 3	F 3	S 3	T 3		F 3	O 3	T 3		O 3	F 3	M 3	M 3	6	M 3	
	T 4		L 4	T 4	T 4		F 4	O 4	T 4	M 4	45	F 4	L 4	M 4	45	T 4	M 4	L 4	T 4	T 4	T 4		
	O 5		S 5	O 5	O 5		F 5	M 5	F 5	T 5	32	F 5	O 5	O 5	F 5		F 5	M 5	T 5	O 5	O 5		
	F 6		M 6	T 6	T 6		L 6	T 6	L 6	F 6		L 6	M 6	T 6	M 6	2	M 6	O 6	T 6	T 6	T 6		
	L 7		O 7	F 7	F 7		S 7	O 7	L 7	M 7	41	M 7	S 7	T 7	T 7		L 7	F 7	F 7	F 7	F 7		
F 8	M 8	15	T 8	L 8	M 8	28	T 8	M 8	O 8	M 8	37	O 8	F 8	F 8	M 8	47	M 8	S 8	O 8	M 8	L 8		
L 9	T 9		F 9	S 9	T 9		F 9	T 9	T 9	M 9		T 9	L 9	L 9	50	M 9	M 9	T 9	O 8	L 8	S 9		
S 10	O 10		L 10	M 10	O 10		L 10	T 10	T 10	O 10		T 10	S 10	S 10		T 10	T 10	F 10	F 10	M 10	M 10	7	
M 11	T 11		F 11	T 11	T 11		S 11	O 11	F 11	O 11		F 11	M 11	O 11	46	M 11	O 11	L 11	L 11	T 11	T 11		
T 12	F 12		S 12	O 12	F 12		M 12	T 12	L 12	T 12	33	T 12	S 12	T 12		T 12	T 12	S 12	S 12	O 12	O 12		
O 13	L 13		M 13	T 13	T 13		F 13	O 13	F 13	F 13		O 13	M 13	O 13		O 13	F 13	M 13	M 13	T 13	T 13		
T 14	S 14		T 14	F 14	F 14		L 14	O 14	M 14	M 14	42	M 14	L 14	T 14		T 14	L 14	T 14	T 14	F 14	F 14		
F 15	M 15	16	O 15	L 15	M 15	29	T 15	S 15	T 15	L 15	38	T 15	F 15	F 15		F 15	S 15	O 15	O 15	L 15	L 15		
L 16	T 16		T 16	S 16	T 16		F 16	M 16	O 16	M 16		O 16	L 16	M 16	51	M 16	M 16	M 16	T 16	S 16	S 16		
S 17	O 17		F 17	M 17	M 17	25	T 17	L 17	T 17	T 17		T 17	S 17	T 17		T 17	T 17	F 17	F 17	M 17	M 17	8	
M 18	T 18		L 18	O 18	O 18		S 18	O 18	F 18	M 18	34	F 18	M 18	M 18	47	M 18	O 18	L 18	L 18	T 18	T 18		
T 19	F 19		S 19	T 19	T 19		M 19	T 19	L 19	L 19		L 19	S 19	T 19		T 19	T 19	S 19	S 19	O 19	O 19		
O 20	L 20		M 20	F 20	L 20		T 20	O 20	F 20	F 20		F 20	O 20	O 20		F 20	F 20	M 20	M 20	T 20	T 20		
T 21	S 21		T 21	S 21	T 21		S 21	O 21	M 21	M 21	43	M 21	L 21	T 21		L 21	T 21	O 21	O 21	F 21	F 21		
F 22	M 22	17	O 22	L 22	M 22	30	T 22	S 22	T 22	T 22		T 22	F 22	F 22		O 22	S 22	O 22	O 22	L 22	L 22		
L 23	T 23		T 23	S 23	T 23		F 23	M 23	M 23	M 23	39	M 23	L 23	M 23		M 23	M 23	T 23	T 23	S 23	S 23		
S 24	O 24		F 24	M 24	O 24		L 24	T 24	T 24	T 24		T 24	S 24	T 24		T 24	T 24	F 24	F 24	M 24	M 24	9	
M 25	T 25	13	L 25	T 25	T 25		S 25	O 25	F 25	O 25		O 25	M 25	M 25	48	M 25	O 25	L 25	L 25	T 25	T 25		
T 26	F 26		S 26	O 26	O 26		M 26	T 26	M 26	M 26	35	M 26	L 26	M 26		M 26	T 26	S 26	S 26	O 26	O 26		
O 27	L 27		M 27	T 27	T 27		L 27	T 27	T 27	T 27		T 27	S 27	O 27		O 27	F 27	M 27	M 27	T 27	T 27		
T 28	S 28		T 28	S 28	T 28		O 28	O 28	M 28	M 28	44	M 28	L 28	M 28		M 28	T 28	L 28	L 28	O 28	O 28		
F 29	M 29	18	O 29	L 29	M 29	31	T 29	S 29	T 29	L 29	40	T 29	S 29	F 29		F 29	S 29	O 29	O 29	F 29	F 29		
L 30	T 30		T 30	S 30	T 30		F 30	M 30	M 30	M 30		M 30	L 30	M 30		L 30	M 30	T 30	T 30	T 30	T 30		
S 31	F 31		F 31	M 31	O 31		L 31	T 31	F 31	F 31		F 31	O 31	T 31		T 31	T 31	M 31	M 31	F 31	F 31		

2025												2026											
MARTS	APRIL		MAJ		JUNI		JULI		AUGUST		SEPTEMBER		OKTOBER		NOVEMBER		DECEMBER		JANUAR		FEBRUAR		
L 1	T 1		T 1	S 1	T 1	23	T 1	F 1	M 1	O 1	36	O 1	L 1	M 1	49	T 1	S 1	O 1	L 1	L 1	L 1	6	
S 2	O 2		F 2	T 2	O 2		T 2	L 2	T 2	T 2		T 2	S 2	T 2		T 2	T 2	F 2	F 2	M 2	M 2		
M 3	T 3		L 3	O 3	T 3	23	O 3	S 3	O 3	F 3		O 3	M 3	O 3	45	O 3	O 3	L 3	L 3	T 3	T 3		
T 4	F 4		S 4	T 4	F 4		T 4	M 4	T 4	L 4	32	T 4	L 4	T 4		T 4	T 4	T 4	T 4	O 4	O 4		
O 5	L 5		M 5	T 5	L 5		T 5	O 5	F 5	F 5		F 5	S 5	O 5		O 5	F 5	M 5	M 5	T 5	T 5		
T 6	S 6		O 6	F 6	S 6		O 6	T 6	L 6	M 6	41	M 6	L 6	T 6		T 6	L 6	T 6	F 6	F 6	F 6		
F 7	M 7	15	T 7	L 7	M 7	28	T 7	M 7	T 7	L 7		T 7	S 7	F 7		F 7	S 7	O 7	O 7	L 7	L 7		
L 8	T 8		F 8	S 8	T 8		T 8	F 8	M 8	O 8	37	O 8	M 8	L 8		T 8	M 8	T 8	M 8	S 8	S 8		
S 9	O 9		M 9	O 9	L 9		L 9	T 9	T 9	M 9		T 9	S 9	T 9		T 9	T 9	F 9	F 9	M 9	M 9	7	
M 10	T 10		L 10	T 10	T 10		T 10	S 10	O 10	F 10		F 10	M 10	M 10	46	M 10	O 10	L 10	L 10	T 10	T 10		
T 11	F 11		S 11	O 11	F 11		F 11	M 11	T 11	L 11	33	T 11	S 11	T 11		T 11	T 11	S 11	S 11	O 11	O 11		
O 12	L 12		M 12	T 12	L 12		T 12	T 12	F 12	M 12		F 12	O 12	O 12		O 12	F 12	M 12	M 12	T 12	T 12		
T 13	S 13		T 13	F 13	S 13		O 13	O 13	L 13	T 13	33	T 13	M 13	T 13		T 13	L 13	T 13	F 13	F 13	F 13		
F 14	M 14	16	O 14	L 14	M 14	29	T 14	T 14	S 14	M 14	38	M 14	L 14	F 14		F 14	S 14	O 14	O 14	L 14	L 14		
L 15	T 15		T 15	S 15	T 15		T 15	F 15	T 15	O 15		O 15	L 15	M 15		M 15	M 15	T 15	T 15	S 15	S 15		
S 16	O 16		F 16	M 16	O 16	25	O 16	L 16	T 16	T 16		T 16	S 16	M 16		T 16	O 16	F 16	F 16	M 16	M 16	8	
M 17	T 17		L 17	T 17	T 17		T 17	S 17	O 17	M 17	34	M 17	L 17	M 17	47	M 17	T 17	L 17	L 17	T 17	T 17		
O 18	F 18		S 18	O 18	F 18		F 18	M 18	T 18	L 18		T 18	M 18	T 18		T 18	T 18	S 18	S 18	O 18	O 18		
T 19	L 19		M 19	T 19	L 19		L 19	T 19	F 19	M 19		F 19	S 19	O 19		O 19	F 19	M 19	M 19	T 19	T 19		
T 20	S 20		T 20	F 20	S 20		T 20	O 20	L 20	M 20	43	M 20	L 20	T 20		T 20	L 20	T 20	T 20	F 20	F 20		
F 21	M 21	17	O 21	L 21	M 21	30	M 21	T 21	S 21	M 21		T 21	F 21	F 21		F 21	S 21	O 21	O 21	L 21	L 21		
L 22	T 22		T 22	S 22	T 22		T 22	F 22	M 22	T 22	39	M 22	O 22	T 22		M 22	M 22	T 22	T 22	S 22	S 22		
S 23	O 23		F 23	M 23	O 23		O 23	L 23	T 23	T 23		T 23	S 23	T 23		T 23	O 23	F 23	F 23	M 23	M 23	9	
M 24	T 24		L 24	T 24	T 24		T 24	S 24	O 24	F 24		F 24	M 24	M 24	48	M 24	T 24	L 24	L 24	T 24	T 24		
T 25	F 25		S 25	O 25	F 25		F 25	M 25	T 25	T 25		T 25	L 25	T 25		T 25	T 25	S 25	S 25	O 25	O 25		
O 26	L 26		M 26	T 26	T 26		T 26	S 26	O 26	M 26	35	M 26	L 26	M 26		M 26	F 26	M 26	M 26	T 26	T 26		
T 27	S 27		T 27	F 27	S 27		T 27	O 27	L 27	T 27		T 27	S 27	O 27		O 27	L 27	T 27	T 27	F 27	F 27		
F 28	M 28	18	O 28	L 28	M 28	31	M 28	T 28	S 28	M 28	40	T 28	L 28	M 28		M 28	T 28	S 28	S 28	O 28	O 28		
L 29	T 29		T 29	S 29	T 29		T 29	F 29	M 29	M 29		F 29	O 29	F 29		F 29	M 29	M 29	M 29	T 29	T 29		
S 30	O 30		F 30	M 30	O 30	27	O 30	L 30	T 30	L 30		T 30	S 30	M 30		T 30	T 30	O 30	O 30	F 30	F 30		
M 31	L 31		L 31	T 31	T 31		T 31	S 31	F 31	F 31		F 31	O 31	T 31		T 31	T 31	M 31	M 31	L 31	L 31		